

# Use Alternatives to Opioids

## Low back pain

### Self-care and patient education:

Advise patients to remain active and limit bedrest

### Nonpharmacological treatments:

Exercise, cognitive behavioral therapy, interdisciplinary rehabilitation

### Medications:

- First-line: acetaminophen, non-steroidal anti-inflammatory drugs (NSAIDs)
- Second-line: Serotonin and norepinephrine reuptake inhibitors (SNRIs)/tricyclic antidepressants (TCAs)

## Fibromyalgia

### Patient education:

Address diagnosis, treatment, and the patient's role in treatment

### Nonpharmacological treatments:

Low-impact aerobic exercise (e.g., brisk walking, swimming, water aerobics, or bicycling), cognitive behavioral therapy, biofeedback, interdisciplinary rehabilitation

### Medications:

- FDA-approved: pregabalin, duloxetine, milnacipran
- Other options: TCAs, gabapentin

## Migraine

### Preventive treatment:

- Beta-blockers
- TCAs
- Antiseizure medications
- Calcium channel blockers

## Neuropathic pain

### Medications:

- TCAs
- SNRIs
- gabapentin/pregabalin
- topical lidocaine

## Osteoarthritis

### Nonpharmacological treatments:

Exercise, weight loss, patient education

### Medications:

- First-line: acetaminophen, oral NSAIDs, topical NSAIDs
- Second-line: Intra-articular hyaluronic acid, capsaicin (limited number of intra-articular glucocorticoid injections if acetaminophen and NSAIDs insufficient)

## When opioid medication is part of the treatment plan:

- Check the Prescription Monitoring Program (PMP).
- Assessment of risk, adherence, function and pain.
- Start low and go slow. Schedule follow-up in one week.
- Prescribe naloxone.
- Provide **YourLifelowa.org** resources.

## When managing an opioid use disorder:

- Get Medication-Assisted Treatment (MAT) waiver certified through Providers Clinical Support System at **pcssnow.org**
- Link patient to care for outpatient or residential treatment.
- Provide **YourLifelowa.org** resources.
- Prescribe naloxone.



### Find support 24/7

for problems with alcohol, drugs, gambling, mental health and suicidal thoughts.

CALL: **(855) 581-8111**

TEXT: **(855) 895-8398**

CHAT: **YourLifelowa.org**